

SPRING & SUMMER 2013

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John J. Griffin



From the Executive Director...

Dear Residents:

As many building modernization projects were completed this past year, we still have more to get done. One of the major projects we have been working on is how we get timely information to our residents. Our new website has been a focus for information, forms, and services that can make getting the information you need and want easier and quicker without calling the office. You can help by signing up on our website. By adding your email we can send you information about everything going on in your building. This includes work being performed, emergency updates, and timely information about parties or events that will be happening for your enjoyment. Sign up on the AHA Website:

Newsletter Sign Up

Receive our bi-monthly e-mail newsletter. Sign up below.

Your Email Address

SUBMIT

John J. Griffin

Annual AHA Cookouts



DANCING, SINGING AND LOTS OF GOOD FUN ! YEE HAW!!!!

The dates have been set for the 2013 AHA Cookouts. A country Western Theme will include lots of good Cowboy and Cowgirl singing and dancing as well as the best barbeque east of the Mississippi. Get ready for a day full of fun. Get out your dancing shoes for the Hoedown. The Cookouts will begin at 12:00 "High Noon" on these dates:

Drake: September 10th

Winslow: September 12th

Chestnut: September 17th

Cusack: September 19th



Administrative Office

781-646-3400

*Handicap Entrance available
through 1st floor parking lot area*

Maintenance Office

781-646-1272

Maintenance Emergency

781-646-1272

Resident

Services Coordinators

781-646-3400

Extension 12 – Nancy
Extension 25 – Mary

(Times Staff go to Buildings)

Cusack: Monday 11:00-11:30

Drake: Tuesday 9:00-12:00

Chestnut: Thursday 10:30-11:00

Winslow: Please call to make
an appointment.

New Rent

Effective May 1st your rent amount may have changed. Please be sure you are paying the correct amount. Your new Lease Addendum will have the correct rent amount. Thank you for your cooperation by submitting the paperwork in a timely manner. If there are any questions, please contact Nancy or Mary at 781-646-3400 Ext. 12 or 25.

Air Conditioners



Air Conditioners may now be installed in your window and can remain there until September 30th. All Air Conditioners must be professionally installed. Here are two vendors we know of who can install and remove your A/C:

Arlington Appliance:
Bill Smith
781-646-1815

Sheehan Appliance:
Brian Sheehan
978-877-2181 or
978-256-4428.

Balconies & Clutter



Please remove clutter from your balcony, patio, and entrance area. Make sure your apartment and common area is cleaned. This is a good time to dispose and get rid of clutter. **You are only allowed to keep one table and two chairs on your balcony or patio.**



Call Joel Bartlett, the MMSS Coordinator at Drake Village 781-646-0482, with questions regarding MMSS services:

- Laundry Services
- Grocery Services
- Home Making
- Personal Care
- Adult Day Health
- Health Care Services

Council on Aging 781-316-3400

Please contact the Council on Aging for any upcoming events including:

- Walking Groups
- Day Trips (upcoming trips to Isles of Shoals and Nantucket)

Transportation

Medical Appointments

Call the COA at 781-316-3400 at least one week in advance to arrange for a volunteer driver to take you to a medical appointment or a cancer related treatment.

Council on Aging Van

To schedule a ride to Senior Center activities Monday - Friday, please call 781-316-3414 at least 24 hours in advance. The cost is \$1.00 each way. Van can accommodate wheel chairs.



Dial a Ride **781-316-3406**

Dial-a Ride allows you to ride for only \$3.00 each way, anywhere in Arlington. Membership cards are available at the Council on Aging for \$2.00. Any Arlington resident who is 60 years of age, retired, or has a verifiable disability and is of low to moderate income is eligible.

The Shuttle Van

The AHA van is available **Monday, Tuesday, Thursday, and Friday for travel within Arlington.** On **Wednesday and Friday** the van goes to the Burlington Mall and Market Basket. Please sign up one day in advance by 2:00 PM, except for Monday trips you may sign up until 8:00 AM Monday morning. Tickets are now \$20.00 (GOOD FOR 10 RIDES) and are available at the AHA Office or from the Resident Services Coordinator.



Cars parked in AHA tenant lots without an AHA parking sticker may be subject to towing.

If your car is being repaired and you plan to use a rental car, the rental car must also have a parking sticker. **If you give up, sell or otherwise dispose of your car, please notify the AHA.**

Shine Counselors

SHINE volunteers provide elders with free accurate, unbiased information regarding health insurance options. A SHINE counselor is available by appointment at the COA on the 3rd Tuesday, from 10:00 AM to Noon or a counselor can also come to your home if you are unable to come to the Senior Center. **For an appointment, call Joyce Killingsworth after 12:30 PM at the COA office at 781-316-3404.**

Arlington Seniors

Association

781-316-3420

Please contact the Arlington Seniors Association for any upcoming events including:

- Exercise & Yoga
- Bridge, Cribbage, Pool, Bingo, Sing-Alongs
- Blood Pressure Screening
- Movies
- Friday Book Club

Emergency Information



Please make sure your loved ones have any necessary contact information in the event of an emergency – this includes the name and number of any neighbor to whom you have given a key and the emergency maintenance number. If a concerned loved one needs to request a wellness check during regular office hours, they must call the maintenance number 781-646-1272. **If there is an emergency after-hours, they must call the Arlington Police.**

Community Rooms & Kitchens



Community rooms & kitchens are for use by all tenants. If you use the ovens or stoves, please be sure to turn them off when you are finished. If a tenant would like to reserve the community room for a private function, please contact the office for prior authorization.

Vial for Life Forms



Please remember to update your personal vial for life forms with any new medications you are currently taking. You may find new forms in the plastic file box near the bulletin board. Keep the form in your refrigerator. If you need assistance, please call Mary at 781-646-3400 Ext 25.

Maintenance Calls



Please call the maintenance number for any maintenance related issues: **781-646-1272.**

AHA maintains an after-hours Answering Service for Emergency Maintenance Calls Only (after 4:30pm weekdays, weekends & holidays).

Only serious maintenance issues that can't wait for regular business hours should be reported then. Maintenance emergencies include:

- *Fire (Call 911)
- *No Electricity
(Call N-STAR at 1-800-592-2000)
- *No Heat
- *No Hot Water
- *Stove not working
- *Water from faucet or toilet running and will not shut off;
- *Toilet stoppage (tenant should have a plunger and try to unclog before calling Maintenance. If tenant is at fault, there will be a charge for the repair).

Laundry Room Issues



Laundry rooms at AHA sites are for the use of tenants only. Do not use too much laundry detergent because the concentrated detergent is causing problems in the washing machines. **Do not overload washing machines.** Please contact the office if you notice any mechanical issues with the machines.



Sherriff's Department



The Sherriff's Dept. will be here for 3 weeks (May 28-June 14). The men will be at all the buildings at various times during this period. They will be helping with painting, landscaping and other supervised jobs.



Summer Help

Summer maintenance interns will be coming on board the 1st week of July at all buildings. They will be helping with maintenance and upkeep projects at all the buildings.

Parking Issues:

AHA 30-Minute Parking Spaces

Please keep in mind that tenants are not permitted to park in the 30-minute spaces at each building. Please be considerate to the visitors that are providing assistance to residents in need.

Drake Village

Tenants who park at Hurd Field:

Bring a copy of your lease to the parking clerk's office at Town Hall to receive the reduced parking rate of \$182.50 per year.

DRAKE VILLAGE

Tenants' Association

President: Besty Rulon
Vice President: David Farmer
Secretary:
Treasurer: Graciella Correa
Asst. Treas: Connie Katsos

http://www.arlingtonhousing.org/tenant_assoc_drake.php

Tenants' Association Meeting & Birthday Party

2nd Wednesday at 7:00 PM

Bingo

Thursday at 7:00 PM

Balance/Weights Exercise

Monday & Friday 4:00-4:45 PM

Tuesday and Saturday

Night Supper

5:00 PM - \$2.00

Please sign up a day ahead.

Exercise with Sophia

Tuesday at 11:00 AM

ELL Classes

(English Learning Language)

Saturday 10:00 AM – 11:00AM

Shine Counselor

3rd Wednesday 9:00AM – Noon

(MMSS) 781-221-7070

(Clients) 781-221-7029

Annette Bender

MMSS Lunch Program

Monday- Friday at Noon

Tai Chi

Monday & Friday at 9:00 AM

Game and Social Night

Wednesday at 7:00 PM

Rosary

Saturday at 2:00 PM

Eucharistic Prayer

Wednesday at 10:30 AM

Movie Night

2nd & 4th Friday at 7:00 PM

Drake Village Welcome to New Tenants



Susan Georgakopoulos

Noreen Laracy

Gladys David

Cynthia Rose

Kathleen McNair

Diana Urbon

Peter Blackmon

David Kinder

Paul Gately

CHESTNUTMANOR

Tenants' Association

President: Sharon Elkins
Vice President: Margaret Sheehan
Secretary: Mary Anne Fitzgerald
Treasurer: Linda Serfilippi

http://www.arlingtonhousing.org/tenant_assoc_chestnut.php

Tenants' Association Meeting

2nd Tuesday at 7:00 PM

Bingo

Monday at 7:00 PM

Thursday at 7:00 PM

Catholic Mass

2nd Thursday at 11:30 AM

Game Night

2nd & 4th Thursday at 7:00PM

Movies

Saturdays at 7:00 PM

(Please bring a dessert to share).

Karaoke

Every Other Friday
4:00 PM – 5:00 PM

Trivial Pursuit

Sundays at 3:00 PM

Coffee & Donuts

Saturdays 8:30AM – 10:30AM

Wednesday Night Dinners

Every Wednesday at 5:30PM

(Bring your own dinner)

Poetry Reading

See Bulletin Board for info.

Chestnut Manor

Welcome to New Tenants



Manuel Morais
Nancy White
Caroline MacDonnell
Ida Fisher
Jean Borroway
Catherine Wenthe

CUSACK TERRACE

Tenants' Association

President: Cynthia McGinty
Vice President: Sandy Monestime
Secretary: Mary Murphy
Treasurer: Flo McGee

http://www.arlingtonhousing.org/tenant_assoc_cusack.php

Tenants' Association Meeting Celebrating Monthly Birthdays

2nd Thursday at 7:00 PM

Bingo

Monday at 6:15 PM

Games Every Night

at 6:30PM

Movie Matinee

1st & 3rd Friday at 1:30PM

Po-KE-No

Friday at 6:15PM

Coffee & Donuts

Saturday at 9:00AM – 11:00AM

Cusack Terrace

Welcome to New Tenants



Jean Butler
Norman Theriault
Marcia Mahoney
Elisa Lopez

WINSLOW TOWERS

Tenants' Association

President: Brenda Cox
Vice President: Robin Jones
Secretary: Flora Wells
Treasurer: Arlene Devine

http://www.arlingtonhousing.org/tenant_assoc_winslow.php

Tenants' Association Meeting

3rd Thursday at 6:00 PM
(2nd Thursday in June)

Bingo

Monday at 6:00 PM – 8:00PM

Game Night

Wednesdays at 6:00PM

Craft Night

Fridays 6:00 - 8:00PM

Coffee Hour

Saturdays 9:30 – 11:00AM

Movie Night

Saturdays at 7:00PM

Winslow Towers

Welcome to New Tenants



Frank Terlizzi
Mary Aldridge
Janet Boufford

Pet Owners



Please make sure you keep your dog on a leash at all times when out of your apartment. Please also be a responsible pet owner and clean up after your dog.

Farmer's Market



The Arlington Farmer's Market opens for the season on Wednesday, June 12. Located in Arlington Center in the Russell Common parking lot (behind Arlington Catholic High School) the Market runs Wednesdays through October from 2:00pm – 6:30pm. It has one of the area's largest selections of farm fresh produce and locally raised, meat, local cheese, eggs, fish, honey, maple syrup, and flowers. It also has wonderful baked goods from local area bakeries and restaurants.



The office will be closed on Thursday, July 4th in observance of Independence Day.